
AMEN Bible Study 2025

“What is this War?”

Romans 7:14-25
December 11, 2025

Context

- Romans 7:6 in the KEY!
- Is this an unregenerate or regenerate heart? Is this an immature or mature believer?

I. The Brutal Reality of the Inward Battle (7:14–20)

- I am still fleshly, “sold under sin” (v.14)
- I do the very thing I hate (v.15)
- I agree the law is good—but I don’t do it (v.16)
- It is no longer the real “I” who does it, but sin that dwells in me (v.17, 20)
- Nothing good dwells in my flesh (v.18)

II. The Deep Joy of the New Heart (7:21–23, 22, 25b)

- I find another law waging war against the law of my mind (v.23)
- BUT... “I delight in the law of God in my inner being” (v.22)
- With my mind I serve the law of God (v.25b)

III. The Desperate Cry and the Decisive Answer (7:24–25a)

- The honest groan: “Wretched man that I am! Who will deliver me from this body of death?” (v.24)
- The immediate shout: “Thanks be to God through Jesus Christ our Lord!” (v.25a)
- The Victory to Come....Stay Tuned!

AMEN Action Steps

“What is this War?”

Romans 7:14-25

HEAR the Word

“Open my eyes, that I might behold wonderful things out of your law.”

-Psalm 119:18

1. When you read Romans 7:14–20, which phrase stings you the most right now — “sold under sin,” “I do what I hate,” “nothing good dwells in me,” or another? Why does that one hit home this week?
2. Verse 22 says, “I delight in the law of God, in my inner being.” When was the last time you actually felt that delight? What was happening in your life when God’s Word felt sweet instead of heavy?

PRACTICE the Word

“...Everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock.”

-Matthew 7:24

1. What is one area of your life where you are sometimes tempted to try and obey God the “Old Way” (grit, guilt, self-effort)?
2. What does it look like for you to surrender to the reality of the “New Way”? How does the cry and answer of v. 24-25 resonate with you?

RETELL the Word

“Go home to your own people and tell them how much the Lord has done for you...”

-Mark 5:19

1. Who is one person in your life that you can share with this week about how you experience the battle of Romans 7 and also know the joy and hope of v.22-25?
2. Who is one of your unbelieving friends with whom you would love to share the truth about this New Way in Christ? How do you think that conversation might happen?